Monk Subclass (Way of the Elements)

A monk that follows the way of the elements trains their mind and bodies to make pacts with lesser spirits of the world. When they make the pacts, the spirits follow the monk, granting them power, protection, and aid.

The Way of Elements

Level	Features
3	Blessing of the Elements
6	Spirit Aspect, Magical Boon
11	Empowered Striker
17	Greater Spirit's Power

Blessing of the Elements

Starting when you choose this tradition at 3rd level, you choose one spirit to make a pact with and gain its feature.

Flame

When you make an attack with a monk weapon or an unarmed strike, you can *sheath your attack in magical fire*. You can add additional fire damage, equal to your proficiency bonus, to your attack's damage rolls.

Lightning

When you kill a creature, you can *wreath yourself in light* and teleport up to 60 feet to a point that you can see.

Metal

If an ally within 5 feet of you takes damage, you can reduce that damage by an amount equal to one roll of your martial arts dice. You can do this once per turn. This does not use your reaction.

Stone

You gain a +2 to your armor class.

Water

You can choose one damage type and gain resistence to it. After each long rest, you can choose to change that damage resistence.

Wind

The movement speed of all allies within 60 feet of you increases by 15 feet.

Wood

Your limbs become springy like a leaf, and you gain one additional bonus action to use on your turn.

Spirit's Aspect

Starting at 6th level, gain a magical benefit based on the spirit of your choice. You can choose the same spirit you selected at 3rd level or a different one.

Flame

Your eyes glow faintly, and you can see normally in non-magical darkness.

Lightning

An electric aura eminates from your skin, causing a pleasant tingling sensation to those around you. You gain advantage in Charisma (Persuasion and Deception) checks.

Metal

Knowledge of craftsmanship is intrinsic to the spirits of metal. You gain proficiency in one tool of your choice. You can change your tool proficiency at the end of each long rest.

Stone

Your muscles fill with a mountain's power. Your carrying capacity (including maximum load and maximum lift) is doubled, and you have advantage on Strength checks made to push, pull, lift, or break objects.

Water

You gain proficiency in two skills of your choice.

Wind

You gain the ability to see wind spirits, which guide your eyes towards important details. You gain advantage in Intelligence (Investigation) and Dexterity (Acrobatics) checks.

Wood

You hear voices of spirits of the forest as a whisper in your ear, because of this you gain advantage in Wisdom (Survival) and Intelligence (Nature) checks.

Magical Boon

Also starting at 6th level, your affinity with the elements give you the ability to cast the Absorb Elements and Elemental Weapon spells. Using this feature, you can cast a number of spells per long rest equal to your proficiency bonus. When you cast a spell this way, you do not need spell components.

Greater Spirit's Power

Starting at 17th level, gain a magical benefit based on the spirit of your choice. You can choose the same spirit you selected at 3rd and 6th level or a different one. Alternatively, you can choose to pick another of the options from 3rd or 6th level rather than the options listed below.

Flame

You gain immunity to non-magical fire damage, and resistence to magical fire damage.

Lightning

You cannot be surprised or frightened.

Metal

When you use a Ki feature, you gain resistence to bludgeoning, piercing, and slashing damage until the end of your next turn.

Stone

When you use a Ki feature, you gain temporary hit points equal to your monk level.

Water

You gain the ability to breathe water, and gain a swimming speed of 30 feet. If you already have a swimming speed, it increases by 30 feet. Additionally, you gain resistence to cold and acid damage.

Wind

You gain a flying speed of 30 feet and cannot be knocked prone while flying.

Wood

You learn the spell transport via plants and can cast it twice per short rest without needing spell components.